Owner's Guide

VISION FITNESS®

Simple AND *Deluxe*
TREADMILLS

Congratulations on choosing a VISION FITNESS Treadmill. You've taken an important step in developing and sustaining an exercise program! Your Treadmill is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Treadmill can improve the quality of your life in so many ways…

Here are just a few of the health benefits of aerobic exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help In Countering Anxiety and Depression
- An Improved Self Image

The key to reaping these benefits is to develop the exercise habit. Your new Treadmill will help you eliminate the obstacles that prevent you from getting in your exercise time. Snow and rain and darkness won't interfere with your workout when you have your Treadmill in the comfort of your home. This Owner's Guide provides you with basic information on starting an exercise program. A more complete knowledge of your new Treadmill will assist you in realizing your goal of a healthy lifestyle.

Service to your Treadmill should only be performed by your VISION FITNESS retailer. Please contact your authorized VISION FITNESS retailer should service be required. If a question or problem arises which cannot be handled by your VISION FITNESS retailer, please contact us:

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Lake Mills, WI 53551
Ph: 1.800.335.4348
Fax: 1.920.648.3373
www.visionfitness.com

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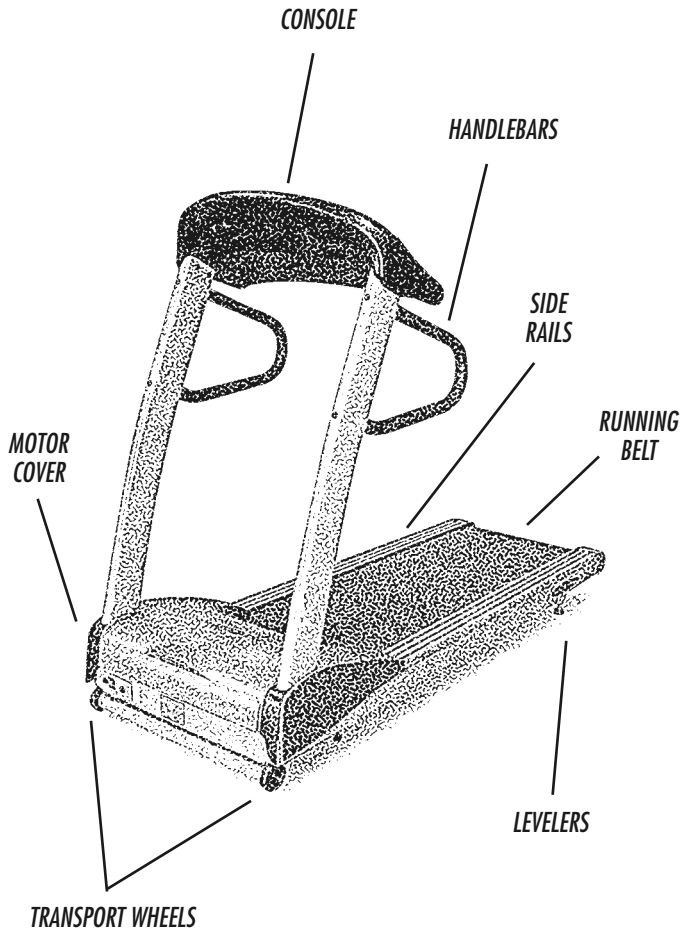
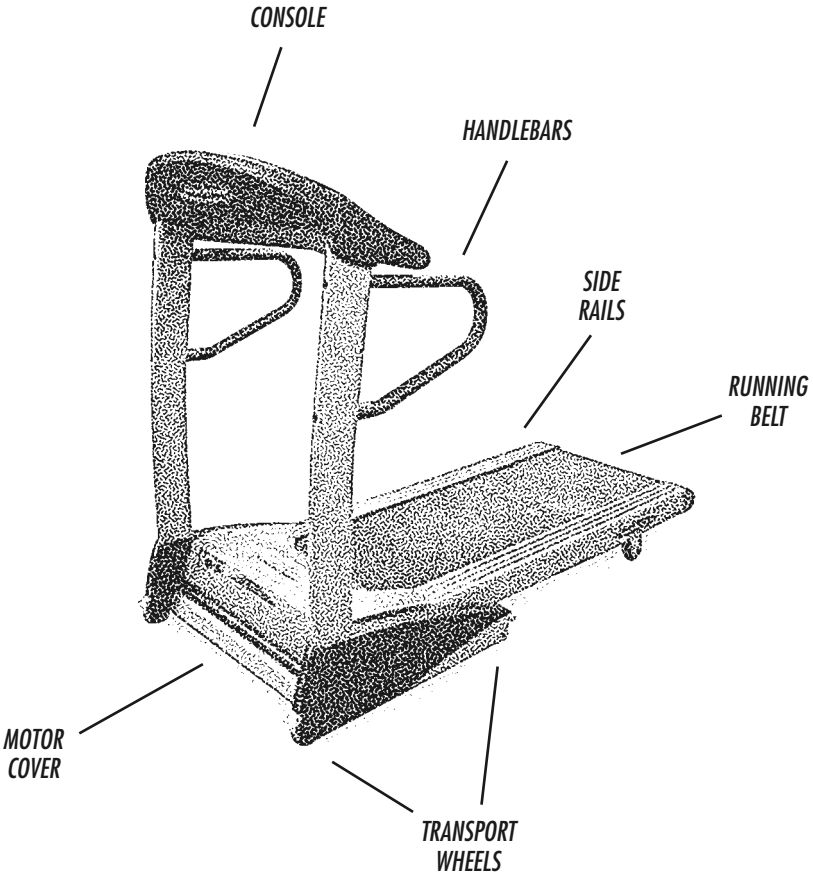

CONSOLE
HANDLEBARS
SIDE RAILS
RUNNING BELT
MOTOR COVER
LEVELERS
TRANSPORT WHEELS


CONSOLE
HANDLEBARS
SIDE RAILS
RUNNING BELT
MOTOR COVER
TRANSPORT WHEELS

IMPORTANT SAFETY INSTRUCTIONS
SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following:
Read all instructions before using this exercise product.

WARNING! To reduce the risk of burns, fire, electrical shock or injury to persons:

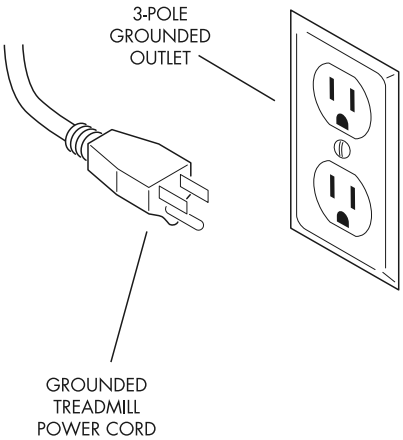
- Use this exercise product for its intended use as described in this Owner's Guide. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Treadmill motor covers or roller covers. Service should be performed only by an authorized VISION FITNESS retailer.
- Never operate this Treadmill if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the Treadmill to a retailer for examination and repair.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- To disconnect, turn the switch to the OFF position, then remove plug from outlet.
- Never place the power cord under carpeting or place any object on top of the power cord, which may pinch and damage it.
- Unplug your VISION FITNESS Treadmill before moving it.

CHILDREN

- Keep children off your VISION FITNESS Treadmill at all times.
- When the VISION FITNESS Treadmill is in use, young children and pets should be kept at least 10 feet away.

POWER REQUIREMENTS

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated below. An improper connection of the equipment grounding conductor can result in a risk of an electrical shock. Do not modify the plug that was provided with this product. If this plug does not fit into your outlet, have a qualified electrician install the proper outlet. Adapters, extension cords and surge protectors should not be used with this product. Also, a GFI protected receptacle should not be used. It is recommended to use a 20 amp dedicated circuit.



OTHER SAFETY TIPS FOR YOUR VISION FITNESS TREADMILL

CAUTION!: If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

- Do not wear clothing that might catch on any part of the Treadmill.
- Read this Owner's Guide before operating this Treadmill.

ASSEMBLY

VISION FITNESS recommends this Treadmill be assembled and delivered by qualified personnel. If you have elected to assemble this product yourself, for your safety please read and follow each of the steps in the enclosed Assembly Guide. It is recommended, when possible, that assembly be performed by an authorized VISION FITNESS Retailer. If you have any questions regarding any part or function of your Treadmill, contact your VISION FITNESS retailer.

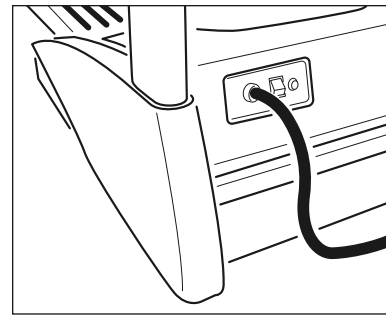
PLACEMENT IN YOUR HOME

It is important that you place your Treadmill in a comfortable and inviting room. Your Treadmill is designed to use minimal floor space. Many people will place their Treadmills facing the TV or a picture window. If at all possible, avoid putting your Treadmill in an unfinished basement. To make exercise a desirable daily activity for you, the Treadmill should be in an attractive setting.

NOTE: If you place your Treadmill facing out from a wall, you should leave 3 feet between the wall and the Treadmill to ensure safe operation.

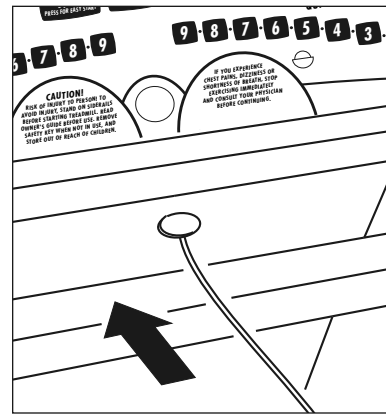
POWER

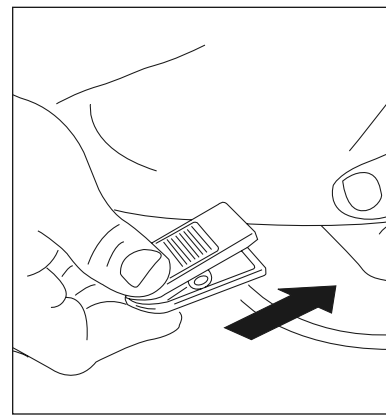
Ensure that your Treadmill is properly connected to a power outlet, then turn on the Power switch, located at the front of the main frame.



SAFETY KEY CLIP & TETHER

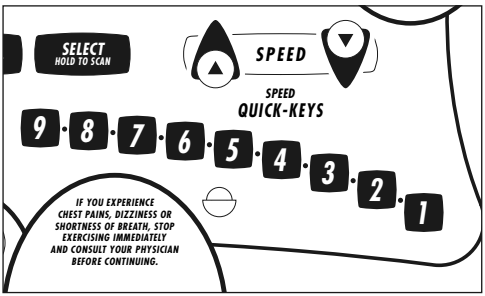
Your VISION FITNESS Treadmill will not start unless the Safety Key is inserted into the keyhole in the center of the console case. You should attach the clip end to your clothing. If at any time you need to stop the Treadmill quickly simply pull the Safety Key off the console. This will cut all power to the Treadmill and it will come to a complete stop. To resume your workout, place the Safety Key back in place. This will send you back to the start-up mode.


9 8 7 6 5 4 3
CAUTION!
IF YOU EXPERIENCE CHEST PAINS, DIZZINESS OR SHORTNESS OF BREATH, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING.



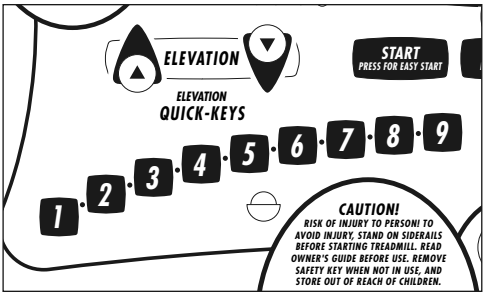
SPEED QUICK KEYS

After pressing the START button, you can change the speed of the Treadmill by pressing one of the Speed Quick Key buttons numbered 1-9. Each key represents a mile/kilometer per hour. For example, when you press 3, the Treadmill will adjust the speed to 3 mph/kmph.


SELECT
HOLD TO SCAN
SPEED
SPEED
QUICK-KEYS
9 8 7 6 5 4 3 2 1
IF YOU EXPERIENCE CHEST PAINS, DIZZINESS OR SHORTNESS OF BREATH, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING.

ELEVATION QUICK KEYS

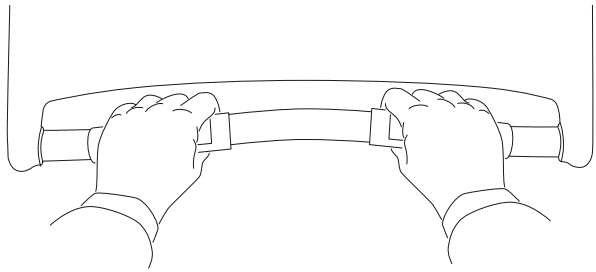
After pressing the START button, you can change the elevation of the Treadmill by pressing one of the Elevation Quick Key buttons numbered 1-9. Each key represents a % incline. For example if you press 3, the Treadmill will elevate to a 3% incline.


ELEVATION
START
PRESS FOR EASY START
ELEVATION
QUICK-KEYS
1 2 3 4 5 6 7 8 9
CAUTION!
RISK OF INJURY TO PERSON! TO AVOID INJURY, STAND ON SIDERAILS BEFORE STARTING TREADMILL. READ OWNER'S GUIDE BEFORE USE. REMOVE SAFETY KEY WHEN NOT IN USE, AND STORE OUT OF REACH OF CHILDREN.

CONTACT HEART RATE

HAND PULSE HEART RATE SENSORS

The Contact Hand Pulse Sensors are included on this product to monitor your heart rate. To use, grasp both of the sensors with a comfortable grip during your workout. The console will display your heart rate. Although your signal will be displayed immediately, it may take the system a few seconds to zero in on your actual heart rate.



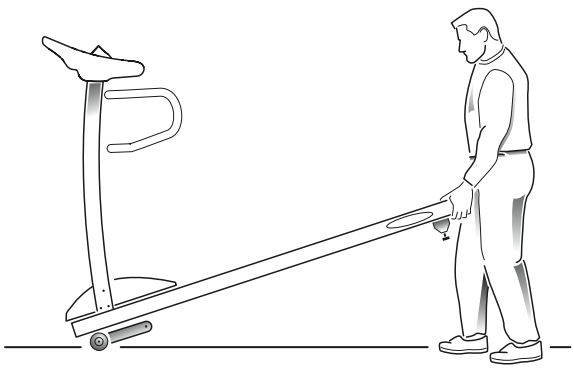
NOTE: For Heart Rate Training programs you must use the chest transmitter. See page 34.

PLATFORM TREADMILLS ONLY

MOVING YOUR VISION FITNESS *PLATFORM* TREADMILL

Your VISION FITNESS Treadmill has a pair of transport wheels built into the front legs. To move, firmly grasp the back end of the frame, carefully lift and roll.

CAUTION: Our Treadmills are well-built and heavy, weighing up to 300 pounds! Use care and additional help if necessary.



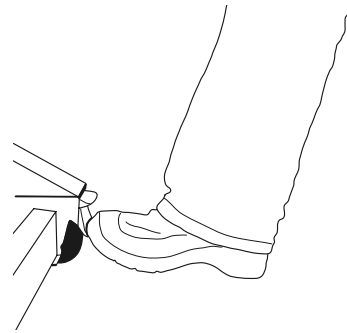
LEVELING

Your Treadmill should be level for optimum use. Once you have placed your Treadmill where you intend to use it, raise or lower one or both of the adjustable levelers located on the back of the Treadmill frame. A carpenter's level is recommended. If your Treadmill is not level, the running belt may not track properly. Once you have leveled your Treadmill, lock the levelers in place by tightening the nuts against the frame.

FOLDING TREADMILLS ONLY

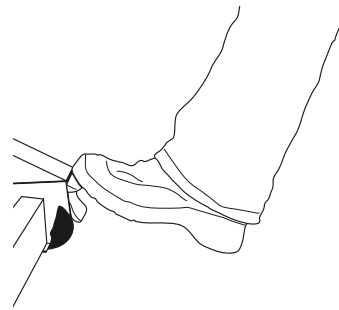
TRANSPORT WHEEL LOCK

Your folding Treadmill comes with transport wheels on the front and back of the bottom frame that should be locked when the Treadmill is in use. Simply press down on the bottom latch with your foot on all four transport wheels.



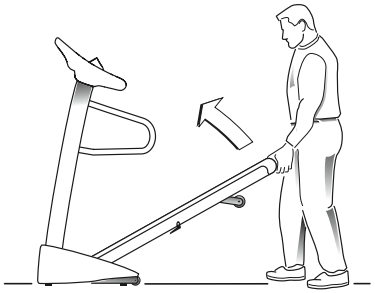
TRANSPORT WHEEL UNLOCK

To move your Treadmill you will need to unlock the transport wheels. With the Treadmill folded, simply press down the top latch with your foot on all four transport wheels. This will release the locking mechanism on the wheels.



FOLDING

To fold your Treadmill in the upright position first make sure the Elevation is set to 0; if it is not, lower the Elevation to 0 (if you do not set the Elevation to 0 the Treadmill will not fold and lock). Next, make sure the four transport wheels are locked. Then, simply lift the back end of the Treadmill with both hands and push it up. The Treadmill has a built-in locking mechanism that will automatically engage and click into place when you reach a vertical point.



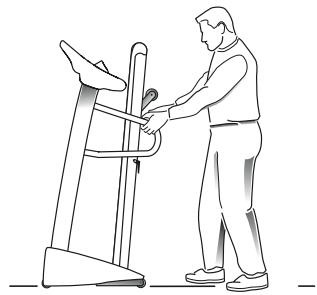
UNFOLDING

To unfold your Treadmill from the upright position simply lift the lever on the left side vertical rail. Guide the deck about half way down to the floor with both hands. You may then let go of the deck, and the shock spring will guide the deck down to the floor.

CAUTION: Our Treadmills are well-built and heavy, weighing up to 300 pounds! Use care and additional help if necessary.

MOVING YOUR VISION FITNESS *FOLDING* TREADMILL

Your VISION FITNESS Treadmill has four transport wheels built into the rear frame. Make sure the transport wheels are unlocked before moving the treadmill. To move, fold the Treadmill into the upright position, firmly grasp the frame by the handlebars, then carefully roll.



LEVELING

The Treadmill should be level for optimum use. If the Treadmill is on an un-level surface, raise or lower one or both of the adjustable levelers located on the front frame. A carpenter's level is recommended. If your Treadmill is not level, the running belt may not track properly.

INTRODUCTION TO THE *SIMPLE* TREADMILL

Simply press the START button to begin exercising, or you can select a workout time and enter your weight.

CHOOSING A TIME

Use either set of arrow keys to select a workout time. Press START to start the workout or SELECT to enter your weight.

ENTERING YOUR WEIGHT

After selecting your workout time, you may enter your weight. Use either set of arrow keys to enter your weight. Press the SELECT button. By selecting your weight, the totals for calories will be adjusted according to your entered weight.

If you are ready to begin exercising, press START.

PAUSE

Press the STOP button to pause during your workout.

RESET

Press and hold the STOP button to reset the Treadmill.

SIMPLE FEEDBACK DISPLAY

SCAN FUNCTION

To scan through the functions during your workout, press the SELECT button. To continuously scan, press and hold SELECT until the console double-beeps (about 2 seconds). The selected function is displayed when the function light is on above the word itself.

ELEVATION

Shown as a percentage of incline. This indicates how steeply inclined the running surface is, to simulate walking/running on a hill.

TIME

Shown as (Minutes:Seconds). View the Time elapsed in your workout.

DISTANCE

Shown as miles or kilometers. View Distance traveled during workout.

CALORIES

Shown as estimated accumulated Calories burned during workout.

SPEED

Shown as Miles/Hour or Kilometers/Hour. This Indicates how fast the running surface is moving, to simulate outdoor walking/running.

PACE

Shown as time (Minutes:Seconds) required to travel one mile at current speed.

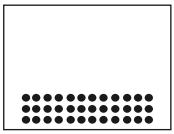
HEART RATE

Shown as beats per minute (BPM). You can monitor your heart rate by gripping the hand pulse heart rate sensors.

DELUXE TREADMILL PROGRAM DETAILS

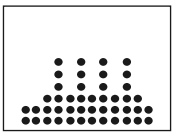
P1 - MANUAL

Customized workouts; with no default Time.



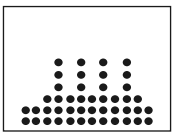
P2 - MUSCLE TONER • ELEVATION CHANGES

Improves your strength, speed, and endurance by raising and lowering the elevation throughout your workout to involve both your heart and muscles; Time defaults to 30 minutes.



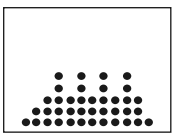
P3 - SPEED INTERVALS • SPEED CHANGES

Promotes weight loss by raising and lowering your speed level while still keeping you within your fat burning zone; Time defaults to 30 minutes.



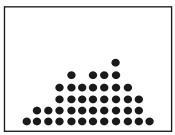
P4 - FAT BURNER • SPEED AND ELEVATION CHANGES

Promotes fat burning by raising and lowering your speed and elevation level while still keeping you within your fat-burning zone; Time defaults to 30 minutes.



P5 - 5K • ELEVATION CHANGES

Improves your cardiovascular training by simulating a 5K run with hills; no preset time with elevation changes.



P6 - PACER

You race against the console. Set your race distance and beat the Pacer! See page 25 for pacer program details.

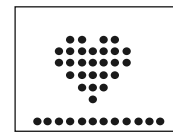
DELUXE TREADMILL PROGRAM DETAILS

P7 - SPRINT 8

SPRINT 8 is an anaerobically-based interval program. It is effective in recruiting fast twitch muscle fibers and improving athletic performance. Medical research supports that this type of exercise will help combat somatopause, which inflicts adults in middle-age and is signified by weight gain, muscle loss, wrinkled skin, and lack of energy. See Page 27 for SPRINT 8 program details.

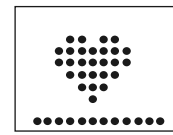
Programs P2-P5 have 10 levels and program 7 has 17 levels. By having multiple levels to chose from, you can change the intensity of your workout as your fitness level improves. In general the beginner levels have lower level numbers and the most advanced levels have higher level numbers. For example, L17 will be the most advanced workout and L1 will be the beginner level. If you are not sure what fitness level you are at, you should start out at a lower level and work up to a comfortable level.

H1 - HEART RATE TRAINING



Saves time by making the most of your limited workout time; motivates and encourages you to achieve your fitness goals. Benefits weight loss by maintaining an optimum exercise level to burn fat; Time defaults to 30 minutes.

H2 - HEART RATE TRAINING

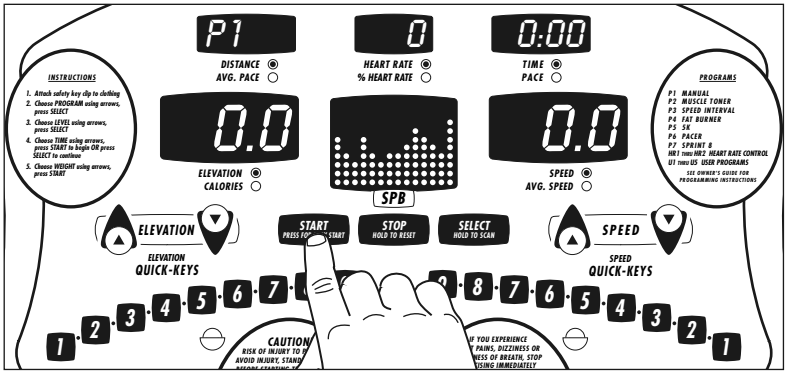


Make the most of your workout time with this motivating, fat burning program. This program will maintain your selected target heart rate by adjusting the incline. Default time is 30 minutes.

NOTE: All the programs can provide an aerobic and cardiovascular benefit in addition to the specific benefits listed.

DELUXE EASY START

Simply press the START Button to begin exercising in the MANUAL program.

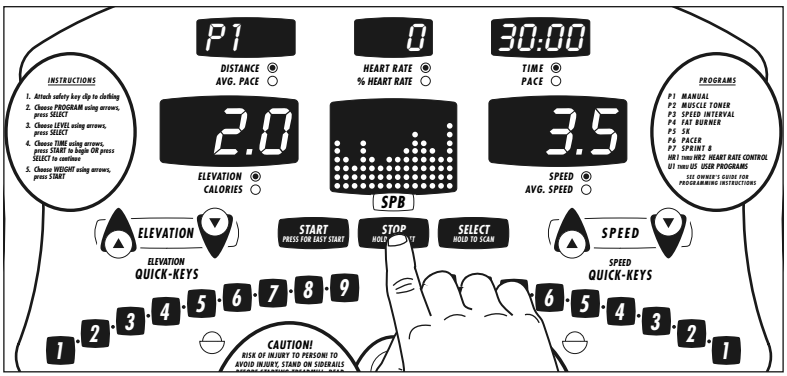


PAUSE

Press the STOP button to pause during your workout.

RESET

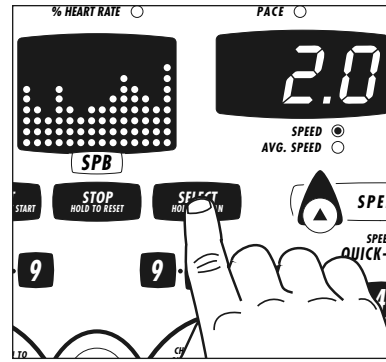
Press and hold the STOP button to reset the Treadmill.



DELUXE FEEDBACK DISPLAY

SCAN FUNCTION

To scan through the functions during your workout, press the SELECT button. To continuously scan, press and hold SELECT until the console double-beeps (about 2 seconds). The selected function is displayed when the Function light is next to the word itself.



TIME Shown as (Minutes:Seconds). View the Time remaining or the Time elapsed in your workout.

DISTANCE Shown as Miles or Kilometers. View Distance traveled during workout.

CALORIES Shown as estimated accumulated Calories burned during workout.

HEART RATE Shown as Beats-per-Minute. You can monitor your Heart Rate at any time during a workout by gripping the hand pulse heart rate sensors (see page 10), or using the wireless chest transmitter (see page 34 for more information).

% HEART RATE Displays % of maximum heart rate.

AVERAGE SPEED Shown as Miles/Hour or Kilometers/Hour. Equals accumulated Distance plus elapsed Time. Corresponds to simulated outdoor walking or running Speed.

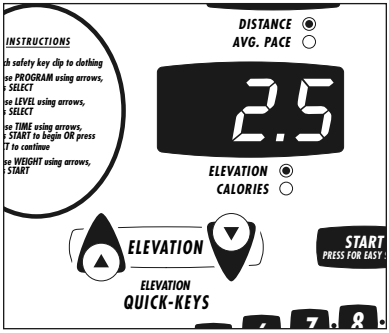
PACE Shown as Time (Minutes:Seconds) required to travel 1 mile at current Speed.

AVERAGE PACE Shown as Time (Minutes:Seconds). Equals accumulated time divided by accumulated distance.

DELUXE FEEDBACK DISPLAY

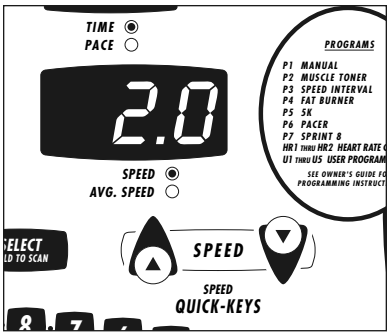
ELEVATION

Shown as percentage of incline, Elevation is visible in the left-hand LED window. Indicates how steeply inclined the running surface is, to simulate walking/running on a hill.



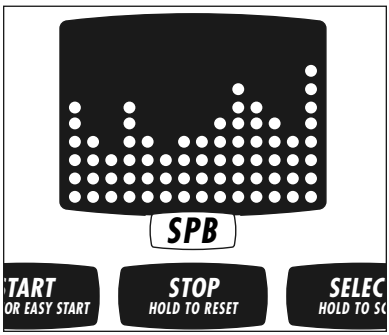
SPEED

Shown as Miles/Hour or Kilometers/Hour, Speed is visible in the right-hand LED window. Indicates how fast the running surface is moving, to simulate outdoor walking/running.



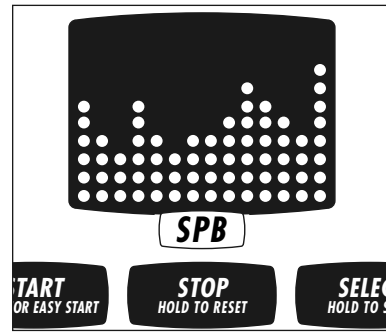
PROFILE

Shown as a graphical representation of the Program you have chosen (Muscle Toner, Speed Intervals, etc.). The left-most column of orange LEDs indicates Elevation and corresponds to the main Elevation window. The right-most column of red LEDs indicates Speed and corresponds to the main Speed window.



DELUXE FEEDBACK DISPLAY

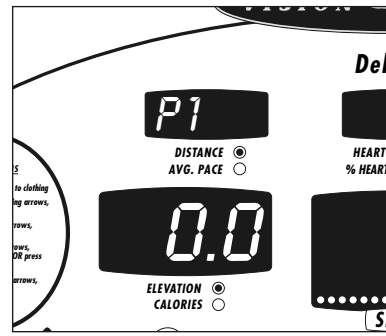
SPB - SEGMENT PROGRESS BAR



The center 2 columns on the dot matrix, in the color green, are the segment progress bars (SPB). These two bars represent the accumulated time per segment. Each program has 20 segments (17 for SPRINT 8). The SPB takes the segment time and divides it into 10 vertical dots. More dots appear as you progress in each segment. When the segment bar is complete the SPB starts over.

For example; if your workout is 20 minutes long, each segment is one minute (except for SPRINT 8). The SPB will divide each minute into 10 dots, or 6 seconds per dot. The dots will clear and start counting up as each segment is complete.

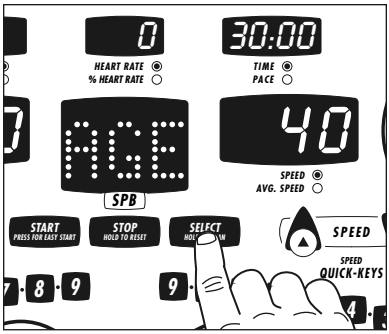
CHOOSING A PROGRAM



Use either set of arrow keys to choose one of the 7 programs: (P1 - MANUAL, P2 - MUSCLE TONER, etc.). Press SELECT.
See page 28 for Heart Rate Training programs and see page 37 for Custom User Programs.

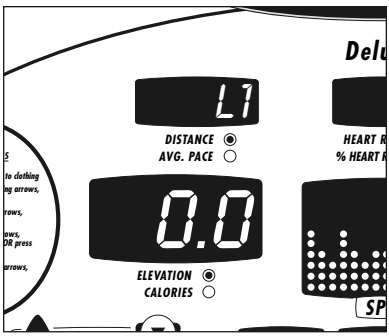
ENTER AGE

Use either set of arrow keys to enter your age. Press SELECT. Your age is used to determine your predicted maximum heart rate.



CHOOSING A LEVEL

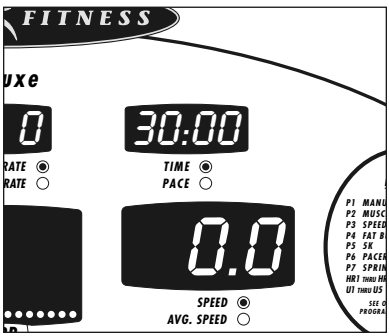
Use either set of arrow keys to choose one of the 10 levels (17 for P7-SPRINT 8); L1 provides the least resistance, L10 the most (L17 for SPRINT 8). Press SELECT.



CHOOSING A TIME (P1-P4)

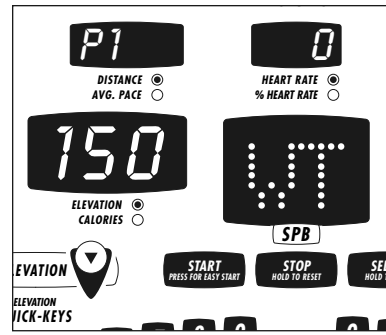
After you have chosen a level, the time will be set to the default time, depending on which program you have chosen, and then flash. You may use this default time or choose another time by using either set of arrow keys.

If you are ready to begin exercising press START. Optionally, if you wish to enter your weight, press SELECT and proceed to the next step.



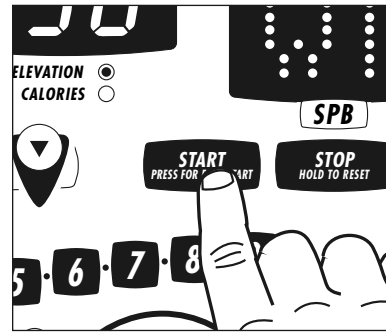
ENTERING YOUR WEIGHT

After you have chosen your workout time you may now enter your weight. By entering your weight, the totals for calories will be adjusted according to your entered weight. Use either set of arrow keys to enter your weight. Press SELECT.



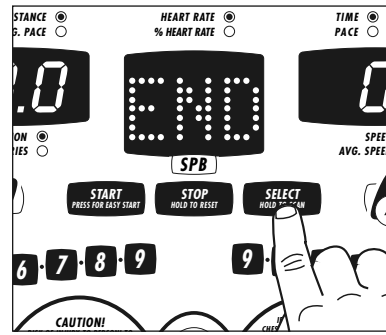
STARTING

When you are ready to begin exercising press START.



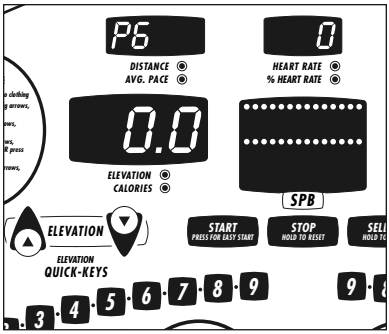
FINISHING

When your workout is complete "END" will appear in the dot matrix window. The Treadmill will return to its starting position and you will be able to use the SELECT button to scan through and check your DISTANCE, CALORIES, AVERAGE SPEED, and AVERAGE PACE.



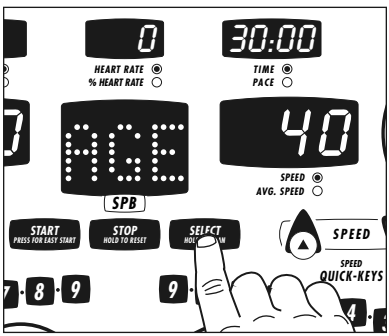
PACER PROGRAM DETAILS

This is a motivational program that allows you to race against the console. You determine the speed of the pacer and the distance of the workout. You control you own speed and elevation throughout the program. The top row of dots is the pacer. You are the blinking dots in the middle row of the dot matrix profile. The dot matrix will keep track of your progress. The time of the program will depend on how long it takes you to complete the distance. The program will not end until you have completed the distance.



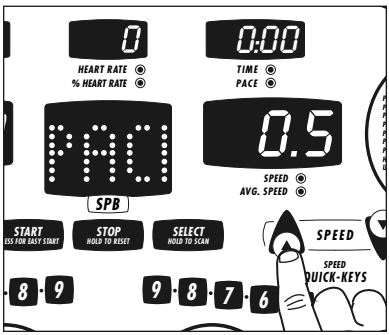
ENTER AGE

Use either set of arrow keys to enter your age. Press SELECT. Your age is used to determine your predicted maximum heart rate.



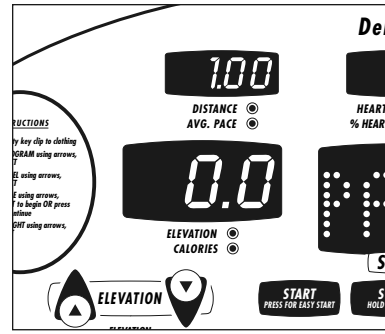
CHOOSING PACER SPEED

Use the speed quick keys and/or the arrow keys to select the pacer speed. Press SELECT to enter. This will be a consistent speed throughout the workout.



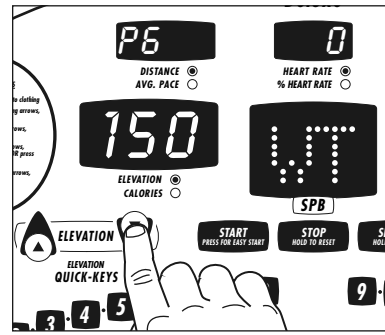
CHOOSING DISTANCE

Set the goal distance using the arrow keys. Press SELECT to enter.



SET WEIGHT

Set your weight using the arrow keys. Press SELECT to enter. By entering your weight, the totals for calories will be adjusted according to your entered weight.



STARTING

When you are ready to begin, press START.

USING THE SPRINT 8 PROGRAM

The SPRINT 8 program is an anaerobic interval program designed to build muscle, improve speed, and naturally increase the release of Human Growth Hormone (HGH) in your body. Producing HGH through exercise and a proper diet has been shown as an effective way to burn fat and build lean muscle mass according to Phil Campbell, author of *Ready, Set, GO! SYNERGY FITNESS*. Please go to Mr. Campbell's website, www.readysetgofitness.com, for more details about this radical new approach to fitness.

The SPRINT 8 program features intense sprint intervals followed by recovery intervals. The program includes the following phases:

1. **WARM-UP** (3 minutes) should gradually increase your heart rate and increase respiration and blood flow to working muscles. The warm-up is controlled by the user to meet your specific needs.
2. **INTERVAL TRAINING** (14:30) starts immediately after the warm-up with a 30-second sprint interval; changing both speed and elevation. Seven recovery intervals of one minute and 30 seconds will alternate with the eight 30-second sprint intervals. The sprints will increase speed and elevation at the 3rd and 5th interval. The recovery speed is about 2–3 mph slower than your sprint and the recovery elevation is 0. You can alter your speed using the Speed Quick Keys or SPEED UP and DOWN arrows. To adjust the elevation; simply use the Elevation Quick Keys or ELEVATION UP and DOWN arrows.
3. **COOL-DOWN** (2:30) helps return your body's systems to resting levels. Less demand is placed on your heart during recovery if an appropriate cool-down is used following the exercise.

In order to keep track of each segment/interval, the segment time is counted down in the timer. It takes only 20 minutes to complete the SPRINT 8 workout.

DELUXE HEART RATE TRAINING

HR1 - SPEED & ELEVATION

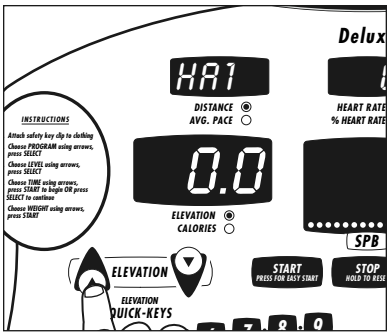
Program default is 30:00 minutes
Enter Target Heart Rate, Time & Weight.
The Treadmill has a manual mode warm up until you reach your target heart rate. During the warm up mode, you control both speed and elevation. This does not count for the program time. The program time begins when you are within 5 BPM of your target heart rate. The Treadmill will beep 3 times and begin to control speed and elevation. The speed will be automatically adjusted; first up to 1 MPH greater or less than the current target heart rate speed. After the console automatically adjusts your speed up to 1 MPH more or less than the target heart rate speed, the elevation will take over and adjust your elevation to keep you in your target zone. This will repeat throughout the program.

HR2 - ELEVATION ONLY

Program default is 30:00 minutes
Enter Target Heart Rate, Time & Weight.
The Treadmill has a manual warm up for 2 minutes; you control both speed and elevation. At the end of 2 minutes if you have not achieved the target heart rate the Treadmill will incline to +/– 5 BPM of your target heart rate. The incline will continue to adjust to maintain your target zone.

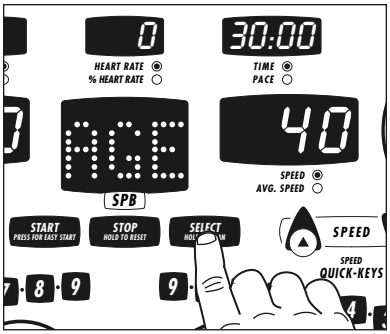
CHOOSE HEART RATE PROGRAMS

Using either set of arrow keys select "HR1" or "HR2" and press the SELECT button.



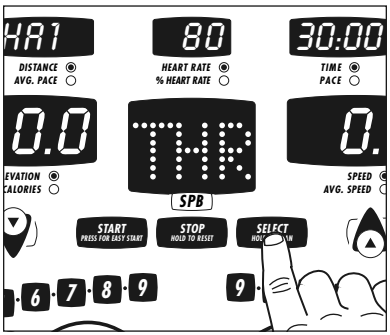
ENTER AGE

Using either set of arrow keys, enter your age and press the SELECT button.



ENTER TARGET HEART RATE ZONE

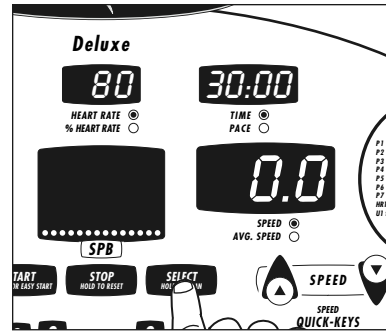
Using either set of arrow keys, enter your target heart rate and press the SELECT button.



CHOOSE TIME

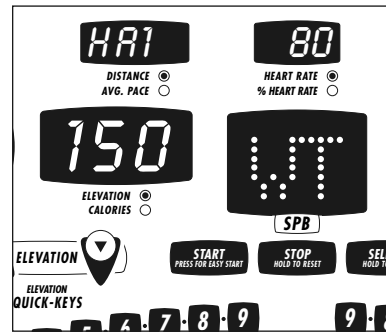
After you have chosen your target heart rate, the time will show the program default time of 30:00. You may change the time, using either set of arrow keys. Press the SELECT button to enter your time.

NOTE: The minimum time is 5 minutes. If you are ready to begin exercising, press the START button. Optionally, if you wish to enter your weight, proceed to the next step.



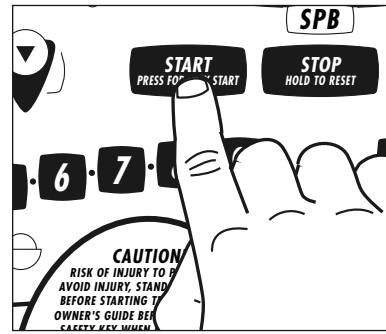
ENTER WEIGHT

Using either set of arrow keys, enter your weight. Press the SELECT button.



BEGIN THE PROGRAM

Press the START button. The console will begin a three beep countdown. The belt will begin to move once this countdown is complete, and you will enter warm up mode.



WARM UP MODE - HR1

Now the Treadmill is in the manual warm up mode.
You control both the speed and elevation to reach your target heart rate plus or minus 5 Beats-per-Minute (BPM). Once a steady heart rate is found, the console will beep 3 times and then enter the Heart Rate Training mode.

WARM UP MODE - HR2

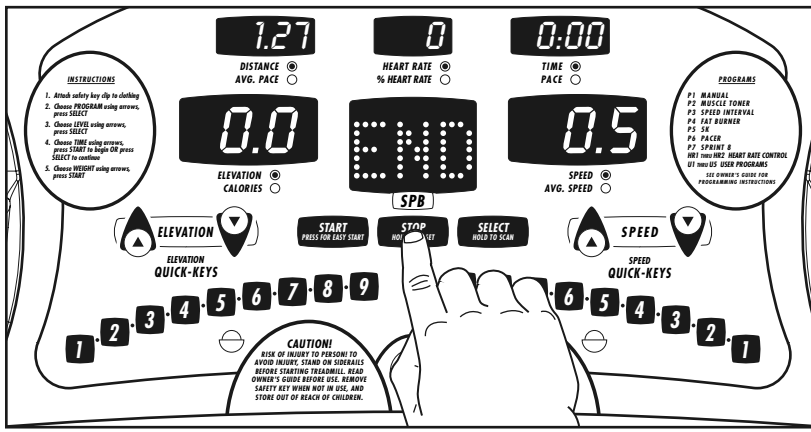
Now the Treadmill is in the warmup mode.
The Treadmill is in manual mode for the 2 minute warmup; you select your speed and elevation. At the end of 2 minutes if you have not achieved +/– 5 BPM of the target heart rate, the Treadmill will incline to +/– 5 BPM of your target heart rate. The incline will continue to adjust to maintain your target zone.

COOL DOWN MODE

After you have completed your timed workout, the console will display "COOL DOWN'. This is to let you know that the program has ended. Now you are in a manual mode cool down and have control of the speed and elevation buttons. This lets the you cool down at your own pace.

COMPLETING YOUR WORKOUT

Once you feel your cool down time is enough, press STOP and the Treadmill will stop.



NOTES FOR YOUR HEART RATE TRAINING PROGRAM

• If there is no Heart Rate detected, the Treadmill will not adjust speed or elevation.

• If the Heart Rate detected is higher than the target zone by 10 BPM the console will "beep" 4 times to warn the user.

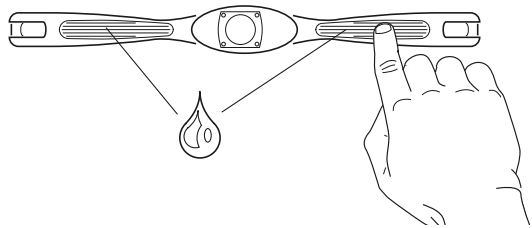
• If the Heart Rate detected is higher than the target zone by 15 BPM, the console will "beep" 4 times, stop, and then continue beeping 4 times again and the same process will repeat 5 times.

• If the user's Heart Rate is 20 beats over their target zone, the Treadmill will "beep" and Shut Down.

NOTE: At all times the speed and elevation keys are operative for the user.

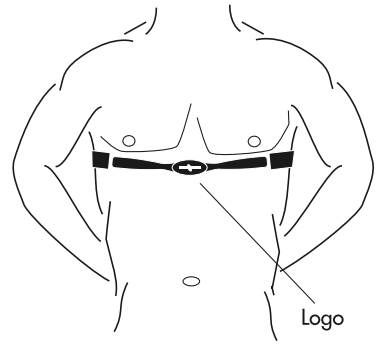
WIRELESS CHEST TRANSMITTER

Prior to wearing the strap on your chest, moisten the two rubber contact pads with several drops of water and spread about with your fingers.



TRANSMITTER STRAP PLACEMENT

Center the Transmitter Strap just below the breast or pectoral muscles, directly over your sternum with the logo facing out.
Adjust the elastic strap length to avoid bouncing or sliding.



GENERAL HEART RATE TRAINING RECOMMENDATIONS

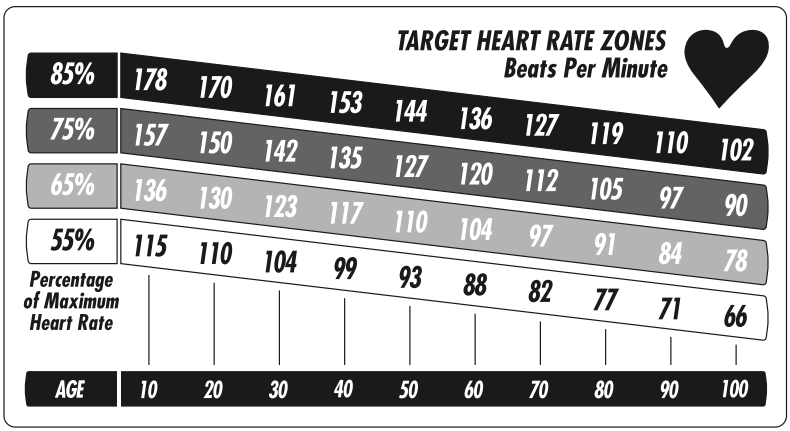
To use the Heart Rate Training program, it is important to determine your target heart rate zone, using the chart below. After determining your target zone, you should use the Treadmill in MANUAL mode to see if the target zone you have selected is correct. This will give you a good base to start your Heart Rate Training. If you feel your target zone is too low or too high, keep using the Treadmill in the MANUAL mode until you feel comfortable during your workout; then you can begin using the Heart Rate Training program.

EXERCISE INTENSITY

To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity. The two ways to monitor exercise intensity are Target Heart Rate and Perceived Exertion.

TARGET HEART RATE

Target Heart Rate is a percentage of your maximum heart rate. Target Heart Rate will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 55% to 85% of your maximum heart rate. As a point of reference, we use the predicted maximum heart rate formula of (220 minus age) to determine your heart rate training zone. Please use the following chart to determine your predicted Target Heart Rate.



EXAMPLE:

If you are a 30-year-old, your predicted maximum heart rate is 190 based on the (220 minus age) formula.

$$220 - 30 = 190$$

Based on the chart above, your heart rate training zone is 104 to 161, which is 55%–85% of 190.

RATE OF PERCEIVED EXERTION

Rate of Perceived Exertion (RPE) is one of the easiest ways to monitor exercise intensity. By becoming familiar with the RPE scale, you can continually assess your level of intensity and insure a level of exertion that is comfortable. An increase in exercise intensity is directly related to elevation in exercise heart rate. Consequently RPE can be used alone or together with heart rate when monitoring exercise intensity.

RPE SCALE

0	Nothing at all
.5	Very, very weak
1	Very weak
2	Weak
3	Moderate
4	Somewhat strong
5	Strong
6	
7	Very strong
8	
9	
10	Very, very, strong
Maximal	

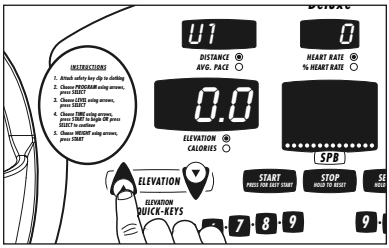
The recommended RPE range for most people is between 3 (moderate) and 5 (strong). The RPE should be independent of your pace; it is dependent on the feelings caused by the exertion.

CUSTOM USER PROGRAMS U1-U3

Design your own programs by setting the desired speed and elevation. All programs have 20 intervals. By designing your own programs you now can control your fitness goals workout-by-workout. This allows you to modify your training based on certain events or milestones you may have set for yourself.

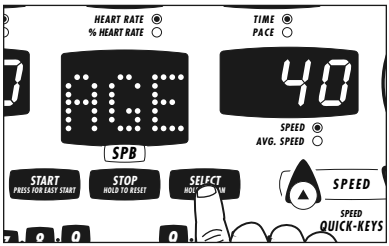
PROGRAMMING A USER PROGRAM

Select U1 thru U3 by using either set of arrow keys. Press the SELECT button.



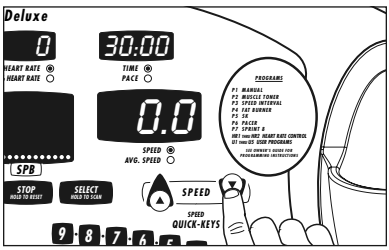
ENTER AGE

Using either set of arrow keys, enter your age and press the SELECT button.



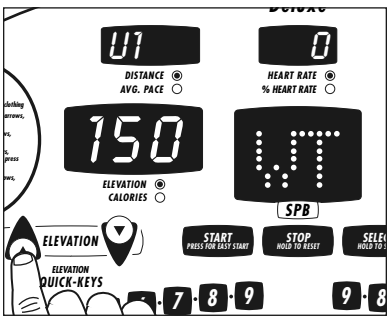
ENTER PROGRAM TIME

Enter total workout time by using either set of arrow keys, then press the SELECT button to save total workout time.



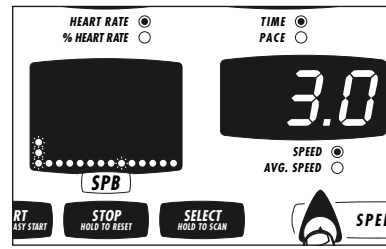
ENTERING YOUR WEIGHT

After you have chosen your workout time you may now enter your weight. By entering your weight, the totals for calories will be adjusted according to your entered weight. Use either set of arrow keys to enter your weight. Press SELECT.



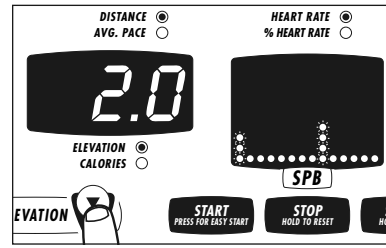
ENTER SEGMENT SPEED

To program, press SELECT. The #1 column will blink. Press the speed quick keys and/or the SPEED arrows to change the Speed segment column (Speed numeric values changing with red column).



ENTER SEGMENT ELEVATION

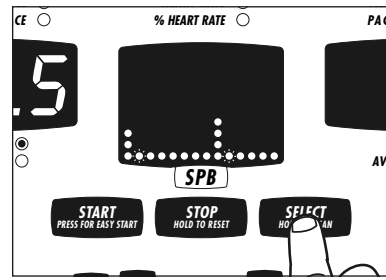
Then press the ELEVATION arrows to change the Elevation segment column (notice Elevation numeric values changing with orange column).



SAVING SEGMENT DATA

Press the SELECT button to store speed and elevation, then proceed to the next column.

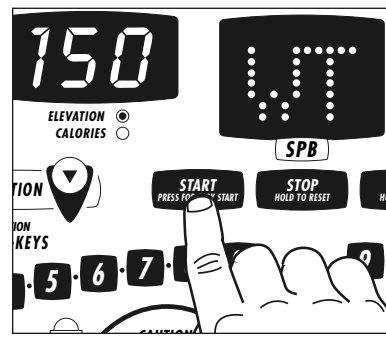
NOTE: Repeat entering segment speed and segment elevation until all 20 segments are completed



BEGINNING WORKOUT

Begin exercising in your new custom user program by pressing the START button.

NOTE: This program will be saved permanently and may be reprogrammed by repeating the steps above and pressing SELECT after entering weight.



CUSTOM USER PROGRAMS U4 & U5

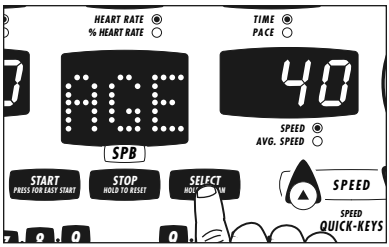
You can customize your own workout, including the segment time, by creating your own program in U4 or U5. These programs operate the same as U1-U3 except you customize each of the the 20 segment times as well as the segment speed and elevation. Follow the steps below to set up your User Program.

PROGRAMMING USER PROGRAMS U4 & U5

Select U4 or U5 using either set of arrow keys. Press SELECT.

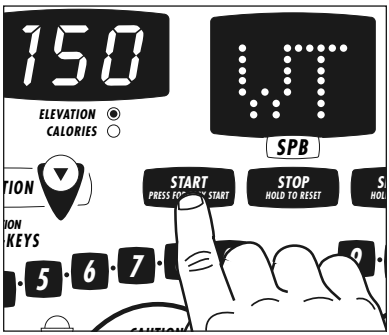
ENTER AGE

Using either set of arrow keys, enter your age and press the SELECT button.



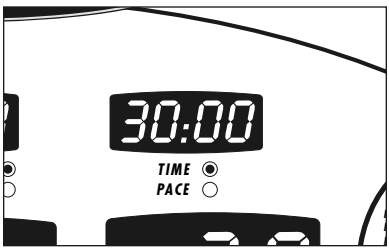
ENTERING YOUR WEIGHT

By entering your weight the totals for calories will be adjusted according to your entered weight. Use either set of arrow keys to enter your weight. Press SELECT.



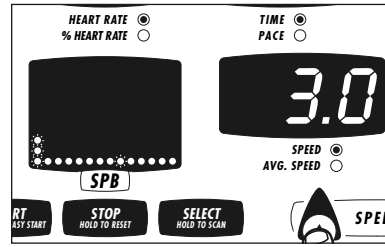
ENTER SEGMENT TIME

To program, press SELECT. The segment time will flash in the time window. Choose the segment time using the arrow keys. Press SELECT.



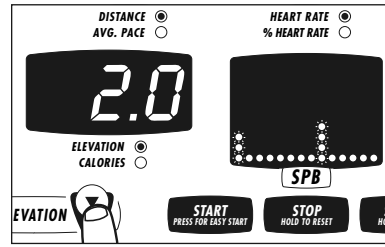
ENTER SEGMENT SPEED

The #1 column will blink. Press the SPEED arrows to change the Speed segment column (Speed numeric values changing with red column).



ENTER SEGMENT ELEVATION

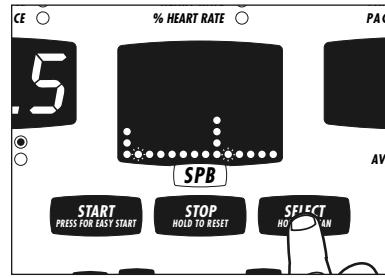
Then press the ELEVATION arrows to change the Elevation segment column (notice Elevation numeric values changing with orange column).



SAVING SEGMENT DATA

Press the SELECT button to store speed and elevation, then proceed to the next column.

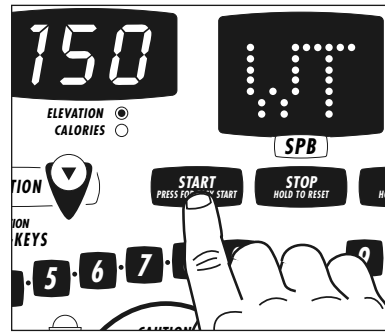
NOTE: Repeat entering segment time, speed, and segment elevation until all 20 segments are completed



BEGINNING WORKOUT

Begin exercising in your new custom user program by pressing the START button.

NOTE: This program will be saved permanently and may be reprogrammed by repeating the steps above and pressing SELECT after entering weight.



USER ENGINEERING MODE *(DELUXE Only)*

Your treadmill offers a User Engineering Mode that can access certain data and help to troubleshoot your treadmill. User Engineering Mode is designed for you to access functions that will not affect important treadmill settings. To access this mode please hold down SPEED DOWN and SELECT for 5 seconds while the treadmill is in any state of setting up a program. When in the User mode, ***"USEr"*** is displayed. To access the data press the SPEED and ELEVATION keys to scroll through the available data/functions. To select the data/function, press SELECT. To exit, press STOP. The units screen will appear when entering user engineering. If the units are correct press STOP.

UNITS

P6 represents units, English or Metric. You can select this configuration for your Treadmill.

MI or KM appears in the dot matrix. If it is "MI", the Treadmill is configured in English units (miles/mph); "KM" represents a Metric configuration (kilometers/kph). Press the SPEED arrows to toggle between English and Metric.

In order to save the modified value, press and hold SELECT. Note that changing units does affect the stored value of weight and clears any stored user programs. Changing units may also require you to perform auto-calibration.

MAX TIME

P7 represents the maximum time, which is displayed in the upper right window. This is the maximum amount of time the Treadmill will display. You can modify this time by using the SPEED or ELEVATION arrows. Press SELECT to save the new value.

DEFAULT WEIGHT

P8 represents default weight. Weight appears in the upper left window. To modify weight, press the SPEED arrows. To save the new default weight, press and hold SELECT prior to exiting. If Units is modified immediately prior, weight defaults to 150 lbs. or 68 kg.

USER ENGINEERING MODE *(DELUXE Only, Continued)*

ACCUMULATED TIME

P9 represents accumulated time, in hours. To exit, press STOP. This information can not be modified.

ACCUMULATED DISTANCE

P10 represents accumulated distance, in either miles or kilometers. To exit, press STOP. This information can not be modified.

PAUSE TIME

P14 represents the pause time, which is displayed in the upper right window. The default pause time is 5 minutes. You can modify the pause time from 20 seconds to 10 minutes. You can modify this time by using the SPEED or ELEVATION arrows. Press and hold SELECT to save the new value.

DEFAULT TIME

P15 represents the program default time, which is displayed in the upper right window. Most programs have a default time of 30 minutes. You can modify this time by using the SPEED or ELEVATION arrows. Press and hold SELECT to save the new value.

DEFAULT AGE

P16 represents the default age, which is displayed in the upper left window. The Treadmill comes with the default age of 40. You can modify the age by using the SPEED or ELEVATION arrows. Press and hold SELECT to save the new value.

AUTO-CALIBRATION *(DELUXE Only)*

DO NOT STAND ON THE BELT WHEN PERFORMING THE AUTO-CALIBRATION!

Auto-calibration is not represented by a Px designation. ***"Auto"*** appears in the center window. When you enter the function, "Auto" begins flashing. To begin auto-calibration, press START. The treadmill will run through minimum and maximum speed and maximum incline, this will take three to five minutes. Let the treadmill perform this complete function before exiting the Engineering Mode.

Elevation A/D or Elevation in % appears in the left window. PWM value or Speed appears in the right window. ***"End"*** will appear in the center window when the auto-calibration is complete. When auto-calibration is complete, it will take about 30 seconds to return to the start-up screen with P1 showing in the function window.

EXIT USER ENGINEERING MODE

P17 represents exit mode. When you press SELECT to select the function, the console performs a reboot, returning to program setup.

USER ENGINEERING MODE *(SIMPLE Only)*

Your Treadmill offers a User Engineering Mode that can access certain data and help to troubleshoot your Treadmill. The User Engineering Mode is designed for you to access functions that will not affect important Treadmill settings. To access this mode, please hold down the SPEED DOWN and SELECT buttons while the Treadmill is at the startup mode. When in User mode, "USEr" will be displayed in the data window. Press SELECT. Use either set of arrow keys to access the available functions/data. Press SELECT to select the data/function. To save data, hold down the SELECT button until the Treadmill beeps. To exit, press STOP.

UNITS

P6 represents units, Metric or English. You can change this configuration for your Treadmill. When you enter P6, the large window shows the model number and the small window shows the units. An even number represents English units (miles/mph), and an odd number represents Metric units (kilometers/kph). You can change the number using either set of arrow keys. Press and hold SELECT to save the data.

MAXIMUM TIME

P7 represents the maximum time the treadmill can be used (shown as minutes:seconds). Use the arrow keys to change the time. To save the time, hold down the SELECT button until there are two beeps.

DEFAULT WEIGHT

P8 represents the default weight. You can change this configuration for your treadmill. To modify the weight, press the arrow keys. To save the new default weight, hold down the SELECT button until there are two beeps

ACCUMULATED TIME

P9 represents accumulated time in hours. This information is for viewing only; the data can not be modified.

ACCUMULATED DISTANCE

P10 represents accumulated distance, either in miles or kilometers. This information is for viewing only; the data can not be modified.

PAUSE TIME

P14 represents the pause time. The default pause time is 5 minutes. You can modify the pause time from 20 seconds to 10 minutes. You can modify this time by using the SPEED or ELEVATION arrows. Press and hold SELECT to save the new value.

USER ENGINEERING MODE *(SIMPLE Only, Continued)*

DEFAULT TIME

P15 represents the program default time. You can modify this time by using the SPEED or ELEVATION arrows. Press and hold SELECT to save the new value.

AUTO-CALIBRATION *(SIMPLE Only)*

DO NOT STAND ON THE BELT WHEN PERFORMING THE AUTO CALIBRATION

AUTO appears in the data window for the auto-calibration function. To begin auto-calibration, press START. The Treadmill will run through minimum and maximum speed and elevation. The auto-calibration will take 3-5 minutes. When auto-calibration is complete "End" will appear in the data window. The Treadmill will reboot and return to the startup screen.

EXIT USER ENGINEERING MODE

P17 represents exit mode. When you press SELECT to select the function, the console performs a reboot, returning to the startup screen.

COMMON TREADMILL QUESTIONS

Q: Are the sounds my Treadmill makes normal?
A: All Treadmills make a certain type of thumping noise due to the belt riding over the rollers. This noise will diminish over time, although it might not totally go away. With use, the belt will stretch, causing the belt to ride more smoothly over the rollers. It might appear that one Treadmill is louder another. There are many reasons for this and may not be due to a defect.

Q: Why is the Treadmill I had delivered louder than the one at the store?
A: All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. This is due to many acoustic differences. A number of precautions can be take to reduce noise. For instance, a heavy rubber mat can help reduce reverberation through the floor. And finally, if a fitness product is placed close to a wall, there will be more reflected noise.

Q: When should I be worried about a noise?
A: As long as the sounds your Treadmill makes are no louder than a normal conversational tone of voice, it is considered normal noise. If your Treadmill is louder than this, you may want to call your service technician. Sometimes an initial diagnosis can be made over the phone.

TROUBLESHOOTING YOUR TREADMILL

Our Treadmills are designed to be reliable and easy to use. If, however, you have a problem, these troubleshooting steps may indicate the cause.

PROBLEM: The Console does not light up.
SOLUTION: Check to make sure the Treadmill is connected to a functioning outlet, and that the Treadmill is turned on.

PROBLEM: The Treadmill's built-in circuit breaker trips repeatedly, shutting-off for no apparent reason.
SOLUTION: The lubricating wax coating on the deck is wearing down and needs to be replenished; contact your VISION FITNESS retailer.

PROBLEM: The Treadmill shuts off when elevated.
SOLUTION: Check to make sure that the power cord is not stretched so tight that when the Treadmill is elevated the cord is pulled out of the wall outlet.

PROBLEM: The running belt does not stay in the center of the Treadmill when you are running on it.
SOLUTION: Check to make sure the Treadmill is level.
SOLUTION: The running belt is loose and needs to be properly tensioned (see Page 49 for proper procedure).

PROBLEM: The belt moves within 1/4" of – but does not touch – the side rail.
SOLUTION: There is nothing wrong, this is normal and will not cause any damage.

PROBLEM: An error message appears. An error message is designated by the letter "E" and a number, (ex. "E5").
SOLUTION: Contact your VISION FITNESS retailer.

NOTE: If the above steps do not remedy the problem, discontinue use, turn the power off and contact your VISION FITNESS retailer.

TROUBLESHOOTING YOUR HEART RATE MONITOR CHEST STRAP

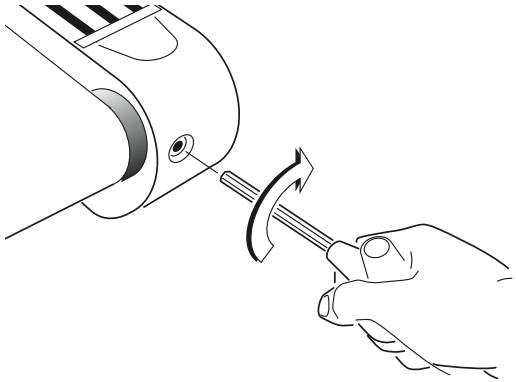
PROBLEM: No pulse reading appears
SOLUTION: There may be a poor connection between the contact pads and skin; remoisten the electrode pads.
SOLUTION: Transmitter is not properly positioned. Reposition the chest strap.
SOLUTION: Verify that the distance between transmitter and receiver is not beyond the recommended range of 36 inches.

PROBLEM: There is an erratic pulse rate.
SOLUTION: Chest strap is too loose; readjust according to directions.

NOTE: It is possible that heart rate monitors will not function properly on some people due to a variety of reasons. It may be necessary to experiment with the fit and position of the chest strap. Outside interference sources such as computers, motors, etc. are also a major source of problems for heart rate monitors.

TENSIONING THE BELT

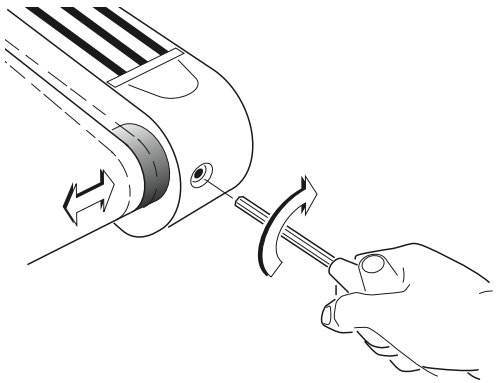
If the running belt slips when used, use the supplied 8mm Allen wrench to turn the left and right tension bolts clockwise 1/4-turn at a time until the belt no longer slips.



CENTERING THE BELT

Run the treadmill at 2.0 mph. If the running belt is too far to the *right* side, use the supplied 8mm Allen wrench to turn the *right* tension bolt *clockwise* 1/4-turn at a time until the belt remains centered during use.

If the running belt is too far to the *left* side, turn the *left* tension bolt clockwise 1/4-turn at a time until the belt remains centered during use.



PREVENTIVE MAINTENANCE

Following are several tips on taking care of your VISION FITNESS Treadmill. The location of your treadmill is important in maintaining your treadmill. Find a location that does not accumulate dust and dirt easily. A clean environment can help to prolong the life and improve the performance of your treadmill.

CLEANING TREADMILL

IMPORTANT: Before cleaning, be sure to turn off and unplug the treadmill.

- After each use wipe the perspiration off the console and treadmill surfaces.
- Every week clean the treadmill surfaces including the console, motor cover and side rails using a damp cloth. Do not use solvents as they may cause damage to the treadmill.
- Each week vacuum around and under the treadmill.

QUARTERLY INSPECTION

- Every 3 months check the tightness of the assembly bolts to assure they are properly tightened.
- Every 3 months check the power cord.

DECK WAXING

VISION FITNESS treadmills feature a wax lubricated phenolic deck which may never require any maintenance. However, the deck is a wearable component and under heavier use, or in some environments, the wax lubricant can wear out. To maximize treadmill life, the decks can easily have wax reapplied.

No waxing is required for the first year of use. After one year it is recommended to wax the deck once every 6 months. This will enhance the performance and life of the Treadmill. Weight can have an affect on how the wax wears on the deck. A heavier user (Example: 250 pounds and above) may need to wax more frequently. Also, running wears out wax faster than walking. Ask your VISION FITNESS retailer for information about treadmill maintenance.

LIMITED HOME USE WARRANTY

VISION FITNESS extends the following exclusive, limited warranty, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only. Any other use of the device shall void this warranty.

VISION FITNESS hereby extends the following limited warranties for the following components of the device, for the time period indicated:

FRAME - LIFETIME VISION FITNESS warrants the Frame against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner.

MOTOR - LIFETIME VISION FITNESS warrants the Motor against defects in workmanship and materials for the life of the Product, so long as the device remains in the possession of the original owner.

ELECTRONICS & PARTS - FIVE YEARS VISION FITNESS warrants the Electronic components and all original Parts (other than the Motor) against defects in workmanship and materials for a period of five years from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - ONE YEAR VISION FITNESS shall cover the Labor cost for the repair of the device for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

LIMITED HOME USE WARRANTY (continued)

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective Parts, or the supply of Labor to cure any defect, provided that Labor shall be limited to one year. All Labor shall be supplied by the local Retailer who sold the Product and the Product must be located within that Retailer's service area. Products located outside the Retailer's service area will not be covered by the Labor warranty.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, Electronic component, or defective Part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the Fitness Product as sold. The warranty does not cover failure to follow instructions and warnings in the Owner's Guide or failure to provide reasonable and necessary maintenance. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and Electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at **www.visionfitness.com**. Inside the enclosed warranty card you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new Treadmill. Thank you for selecting a VISION FITNESS product.

DEVELOPING A FITNESS PROGRAM

By purchasing this piece of VISION FITNESS exercise equipment, you have made a commitment to exercise and now have the convenience of exercising in your own home. Your new equipment offers the flexibility to exercise at whatever time suits you best. It will be easier to maintain a consistent exercise program that will help you achieve your fitness goals.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long-term fitness program is to determine your goals. Is your primary goal to lose weight? Improve muscle tone? Relieve stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. If possible, try to define your personal goals in precise, measurable terms over specific periods of time. Examples of these goals might include:

- Decrease your waistline by two inches over the next two months.
- Run the local 5K race this summer.
- Lose 10 pounds in the next three months.
- Get 30 minutes of cardiovascular exercise at least five days per week.
- Improve your race time by two minutes over the next year.
- Move from walking a mile to jogging a mile within the next three months.

The more specific the goal, the easier it will be to track your progress. If your goals are long-term, divide them into monthly and weekly segments. Long-term goals can lose some of the motivational benefits. Short-term goals are easier to achieve and will allow you to see the progress you are making. Every time you reach a goal, it is important to set a new goal. This will lead to a healthier lifestyle and will provide the motivation that you will need to move forward.

TRACK YOUR PROGRESS

Now that you have set your exercise goals, it is time to write them down and make an exercise schedule that will help you achieve them. By keeping a fitness diary, you will stay motivated and know where you are in terms of reaching your goals. As time goes on, you will be able to look back with pride to see how far you've come. See the end of this section for weekly and annual exercise logs. Copy these logs to keep your own fitness diary.

EXERCISE GUIDELINES

WARM-UP

A warm-up activity should be a progressive aerobic activity that utilizes the muscles you will be using during the workout. There is no set warm-up intensity. A typical warm-up will produce a small amount of perspiration, but not leave you feeling fatigued. Intensity and fitness level will affect the duration of your warm-up, but 5-10 minutes is usually recommended.

EXERCISE DURATION

A common question asked is, "how much exercise do I need?" We recommend following the guidelines set up by the American College of Sports Medicine (ACSM) for healthy aerobic activity.

- Exercise three to five days per week.
- Warm up for five to 10 minutes before aerobic activity.
- Maintain your exercise activity for 30 to 45 minutes.
- Gradually decrease the intensity of your workout, then stretch to cool down during the last five to 10 minutes.

If weight loss is a major goal, participate in your aerobic activity at least 30 minutes for five days each week.

EXERCISE INTENSITY

The next question asked is, "how hard do I need to workout?" To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity range. We recommend using one of two methods to measure exercise intensity. These two methods are performed by monitoring your exercise heart rate or by using the Rate of Perceived Exertion (RPE). Please see pages 33 and 34 for the Target Heart Rate Chart and RPE Scale.

BALANCED FITNESS

While cardiovascular exercise has been the primary method of fitness for many programs over the years, it should not be the only method. Strength Training and Flexibility Training have become more popular as exercise has developed. Incorporating Strength and Flexibility Training into your current exercise program will give you the balance you need to improve your athletic performance, reduce susceptibility to injury, increase metabolic rate, increase bone density, and reach your goals faster.

STRENGTH TRAINING

Strength Training was once known as an activity performed by young males only. That has changed with the advances in scientific research on Strength Training over the last 20 years or so. Research has proven that, after age 30, we begin to lose muscle mass if we do not incorporate Strength Training into our exercise program. With this decrease in muscle mass, our ability to burn calories decreases, our physical ability to do work decreases and our susceptibility to injuries increases. The good news is that, with a proper Strength Training program, we can maintain or even build muscle as we age. A proper Strength Training program will work the muscle groups of the upper and lower body. There are now many options available for Strength Training including: yoga, Pilates, selectorized machines, free weights, stability balls or medicine balls, exercise tubing and body weight exercises, just to name a few.

Recommendations for a minimum Strength Training program include:

FREQUENCY: Two to three days per week

VOLUME: One to three sets consisting of eight to 12 repetitions.

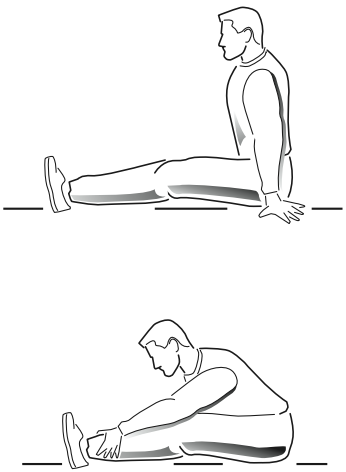
STRETCHING

Flexibility Training is not associated with fitness as often as cardiovascular exercise or Strength Training, even though it is just as important. A good stretching program will help to maintain flexibility of the hips and lower back. A flexible person will be less likely to injure themselves in common activities, such as reaching, twisting and turning, or in uncommon activities such as the annual softball tournament.

Before stretching, take a few minutes to warm up the muscles because stretching a cold muscle can cause injury. Start your stretch slowly, exhaling as you gently stretch the muscle. Try to hold each stretch 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch offers less chance of injury. Don't strain or push a muscle too far. If it hurts, ease up. Here are a few stretches you can incorporate into your exercise program:

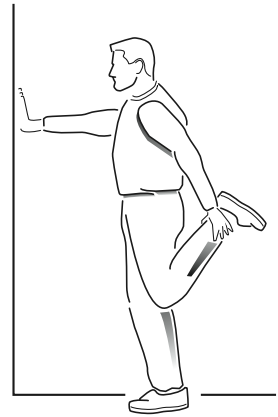
SEATED TOE TOUCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers toward your toes, exhaling as you go. Hold for 15 to 30 seconds. Return to the start position, and repeat as necessary.



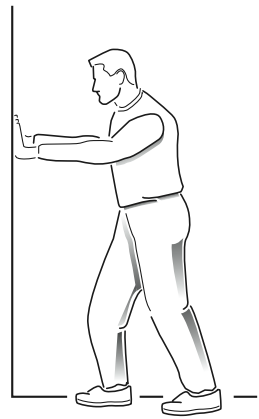
STANDING QUADRICEPS STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing toward the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg, and continue to alternate as necessary.



STANDING CALF STRETCH

Standing about three to four feet from the wall, take one step forward with your right foot. Place your hands on the wall in front of you. Bend your right leg slowly, using your movement to control the amount of stretch in the left calf. Your left heel should remain on the ground. Slowly bring yourself back to the starting position and switch legs. Repeat as necessary.



Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

January

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

February

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

March

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

April

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

May

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

June

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

July

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

August

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

September

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

October

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

November

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

December

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

it all starts with a

vision

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